



Natural Resources Conservation Service
375 Jackson Street, Suite 600
St. Paul, MN 55101-1854

Phone: (651) 602-7900
FAX: (651) 602-7914

Transmitted Via Email

November 24, 2004

MINNESOTA BULLETIN NO. 360-5-12

SUBJECT: PER – SAFETY AND HEALTH

Purpose. To provide information on how to keep the flu bug at bay.

Expiration Date. September 30, 2005.

According to a recent poll by ComPsych Corporation showed that 77 percent of employees report going to work while sick. When asked, employees responded:

- ∞ 33 percent – Yes, because my workload makes it too difficult to take off.
- ∞ 26 percent – Yes, because it feels “risky” to take off in the current work environment.
- ∞ 18 percent – Yes, because I save my sick days for when my kids need me.
- ∞ 23 percent – No, I put my health first.

Working while sick spreads germs and reduces productivity. To prevent the spread of colds and flu, here are a few simple reminders:

- ∞ Get a flu shot. Flu shots are the best way to prevent the flu.
- ∞ Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- ∞ Cough or sneeze into a tissue then throw it away. If you don’t have a tissue, cover your cough or sneeze.
- ∞ Wash your hands with soap and warm water for 15 to 20 seconds.
- ∞ When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers. If using gel, rub your hands until the gel is dry.
- ∞ Avoid touching your eyes, nose, and mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Information taken from ‘OSHA Safety Training Newsletter’ November 2004 Issue.

WILLIAM HUNT
State Conservationist

DIST: AE